

FSMS Swim Team

Jan. 10, 2023



To All Interested Participants;

The FSMS Swimming team will begin Monday, February 6, 2023. The only **qualification to participate** is to be able to swim one length of the pool successfully = 75 ft. = 25 yds (1 lap). This is the best way to prepare for swimming at the high school level. You will be taught all aspects of swimming: Strokes, Turns, Starts, Relays and exchanges, and race pace strategies.

What you need : A competitive style swimsuit (girls one piece/boys jammer style suit)

- A towel
- Goggles
- Swim cap
- A physical before any practices registered with the athletic department.

*The best place to order swim equipment with two day delivery is Swimoutlet.com. They are very reasonable for prices. I would recommend **Sporti Antifog Plus Goggles**, and **Sporti Latex Swim Caps**.*

Practices will be held at the high school natatorium from 4:30p.m.-6:00 p.m. Monday through Friday from Feb. 6, 2023 until our district championship meet on April 1, 2023. The first meet will be Feb. 24, 2023, in Pecos, TX. The complete schedule is being revised.

You must provide your own transportation to the high school, and transportation home after practice.

Looking forward to meeting all of you!

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Swim Outlet

<https://www.swimoutlet.com>

[Girls Suit](#) Sporti Solid Wide Strap One Piece Swimsuit \$25.20 - \$27.00Member Price

<https://www.swimoutlet.com/products/sporti-solid-wide-strap-one-piece-swimsuit-19795/?color=royal>

[Boys Jammers](#)

\$20.30 Member Price

<https://www.swimoutlet.com/collections/mens-swim-jammers-20676>

Goggles: <https://www.swimoutlet.com/products/sporti-antifog-plus-goggle-22394/?color=clearlensblackframe>

